



Health Partners Discount*

- Free 1-hour consultation with a trainer
- \$100 off your first package of 12 or more private sessions
- \$20 off your first 60-minute massage
- 10% off your first package of 6 or more group fitness or Pilates reformer classes

To receive your discount, please show your HealthPartners member ID card to the trainer or massage therapist at the time of purchase.*

Balance for Life Fitness Center is a privately owned studio in Arden Hills/Shoreview. BFL specializes in helping you achieve your fitness goals with one-on-one training both **Personal Training** and **Pilates**. We also offer **Massage Therapy** and **Group Classes**. At a private studio you don't compete with anyone for attention, it is all about you. Working with a trainer helps keep you accountable to your personal program and increases your motivation to reach for your fitness goals. Balance for Life strives to offer a clean, comfortable, non-intimidating and non-competitive atmosphere for you to achieve your best!

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